# Action Calendar – New Ways November 2022

## New Ways November - Day 1 Tuesday

## Make a list of new things you want to do this month

## New Ways November - Day 2 Wednesday

## Respond to a difficult situation in a different way

## New Ways November - Day 3 Thursday

## Get outside and observe the changes in nature around you

## New Ways November - Day 4 Friday

## Sign up to join a new course, activity or online community

## New Ways November - Day 5 Saturday

## Change your normal routine today and notice how you feel

## New Ways November - Day 6 Sunday

## Try out a new way of being physically active

## New Ways November - Day 7 Monday

## Be creative. Cook, draw, write, paint, make or inspire

## New Ways November - Day 8 Tuesday

## Plan a new activity or idea you want to try out this week

## New Ways November - Day 9 Wednesday

When you feel you can't do something, add the word "yet"

## New Ways November - Day 10 Thursday

Be curious. Learn about a new topic or an inspiring idea

## New Ways November - Day 11 Friday

Choose a different route and see what you notice on the way

## New Ways November - Day 12 Saturday

## Find out something new about someone you care about

## New Ways November - Day 13 Sunday

Do something playful outdoors - walk, run, explore, relax

## New Ways November - Day 14 Monday

Find a new way to help or support a cause you care about

## New Ways November - Day 15 Tuesday

Build on new ideas by thinking “Yes, and what if... ”

## New Ways November - Day 16 Wednesday

Look at life through someone else’s eyes and see their perspective

## New Ways November - Day 17 Thursday

Try a new way to practice self-care and be kind to yourself

## New Ways November - Day 18 Friday

Connect with someone from a different generation

## New Ways November - Day 19 Saturday

Broaden your perspective: read a different paper, magazine or site

## New Ways November - Day 20 Sunday

Make a meal using a recipe or ingredient you've not tried before

## New Ways November - Day 21 Monday

Learn a new skill from a friend or share one of yours with them

## New Ways November - Day 22 Tuesday

Find a new way to tell someone you appreciate them

## New Ways November - Day 23 Wednesday

Set aside a regular time to pursue an activity you love

## New Ways November - Day 24 Thursday

## Share with a friend something helpful you learned recently

## New Ways November - Day 25 Friday

Use one of your strengths in a new or creative way

## New Ways November - Day 26 Saturday

Try out a different radio station or new TV show

## New Ways November - Day 27 Sunday

Join a friend doing their hobby and find out why they love it

## New Ways November - Day 28 Monday

Discover your artistic side. Design a friendly greeting card

## New Ways November - Day 29 Tuesday

Enjoy new music today. Play, sing, dance or listen

## New Ways November - Day 30 Wednesday

Look for new reasons to be hopeful, even in tough times